

Stop Smoking With EFT

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Stop Smoking For Life  
Stop Smoking With EFT

# **Guide to Using EFT**

**"Emotional Freedom Technique"**



**Release Anxiety**

**Release Stress**

**Release Limiting Beliefs**

**by Joe Williams**

**Be Free Of Your Negative Emotions**

# **GUIDE TO USING EFT**

by

**Joe Williams**

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WEBSITE EDITION

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[Created by EFTAbundance & Joe Williams](#)

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## **WHAT IS EFT**

### **Emotional Freedom Technique**

EFT is reasonably new; being that it has only been developed and refined over the last 20 years. EFT was first introduced in 1995 by Gary Craig a Stanford Engineering graduate who himself was on a lifelong pursuit of personal well-being.

The process is continually being refined and enhanced as more and more individuals find their way into the profession.

It is not suggested that the basic formula will ever change, but the words used in the setup and sequence process of EFT are always being scrutinized, as more of us in the profession help more and more individuals overcome and release lifelong unwanted restricting emotions.

#### **Gary Craig states that:**

*"The cause of all negative emotions is a disruption in the body's Energy System"*

These disruptions can be released with the use of EFT, thus releasing almost any stuck negative or limiting emotion which is holding you back from living a full life.

EFT has been used to help individuals overcome negative emotions in areas such as: Fears & Phobias, Low Self Esteem, Procrastination, Panic Attacks, Depression, Trauma from Physical Abuse, Trauma from Sexual Abuse, Feelings of Being Unworthy, Severe Trauma (PTSD), Relationship Issues and much more...

## A Small Introduction into EFT

EFT has its origins from Chinese Acupuncture and is sometimes referred to as Acupressure, simply because you use your fingers to stimulate the meridian points, whereas Acupuncture uses needles to stimulate the same points.

Stimulation of the meridian points is done by gently but firmly tapping on the points with your fingers.

Tapping the meridian points is only part of the process, the second part is talking. Whilst you are tapping on the meridian points you are talking about the negative emotion or limiting belief, thus clearing the blockage from your system.

A limiting belief might be "I cannot forgive my partner for what he did to me"

Conventional EFT consists of a lot of steps, and whilst this is what I learnt when I first started out, I have never had a need to perform the full version of EFT. In this Guide I will be showing you the "**Refined Method**" of EFT. From my personal experience over many years I can confidently state that if this method of EFT is not working then it has nothing to do with EFT itself, but more to do with the words being used.

From my experience if EFT is not working to reduce or release a negative emotion then it is almost always due to the words being used, or the topic being tapped. The words in the EFT script may need to be changed to suit an individual circumstance, or you might need to refine the topic being tapped.

"Don't panic this should make more sense as we go along"

Another cause which affects your ability to release a limiting belief can be attributed to what is known as Psychological Reversal. (I talk more about this later)

## **EFT is all about WORDS**

The problem most humans have is the fact that we are not able to express ourselves, we hide behind words and we do not say it like it is. So if we are hiding and not stating the true facts whilst performing EFT we cannot expect to obtain the release we are looking for. **Words are the central point of EFT.**

EFT is performed by tapping the meridian points on the body whilst stating the words and phrases being used in the EFT Script (**usually stated out aloud**).

# How to Perform EFT

**In this Guide I Will be discussing the Refined Version of EFT**

There are Two Basic Parts To Performing EFT, and these consist of the "**Setup**" and the "**Sequence**"

## EFT SETUP

I mentioned above that one of the reasons individuals find it difficult to release negative emotions or limiting beliefs when performing EFT is due to what is known as Psychological Reversal.

The Step Phase of EFT essentially overcomes Psychological Reversal. In fact you may not even have to use the step portion of EFT to find success with EFT. But this is where many go wrong, as even though you may not need the setup, you won't know if you needed it or not. Because there is no way to tell if Psychological Reversal is present or not, so it's always best to perform the setup anyway.

In maybe 70% of all cases (maybe less, maybe more, who cares), Psychological Reversal **may** be present. Whilst you may have a negative emotion that requires resolving, your subconscious mind may in fact not want to overcome the problem (simply due to past protection barriers your mind has put in place), or negative defeating thinking may be preventing you from overcoming these problems.

The issue with Psychological Reversal is that you usually will not be aware of these thinking patterns, simply because it's likely to be going on in the subconscious mind, thus it is outside of your conscious control.

The point to remember is that there is NO way of telling if Psychological Reversal exists, which is why the "Setup" is a **critical** part of EFT. Without performing the Setup portion of EFT you automatically reduce your success rate by at least 70%.

An example of Psychological Reversal might be when a smoker wants to quit smoking. However in the back of his mind his subconscious mind keeps reminding him that you failed last time so what's the point. So whilst you say you want to quit smoking your subconscious mind is sabotaging your efforts.

## What does the Setup Look Like?

The "Setup" phrase looks something like this:

**"Even though I have this headache I love and accept myself"**

Essentially the Setup acknowledges the problem, limiting belief or negative emotion and you accept yourself even though this issue exists.

Saying the words is only the first part of the Setup. You actually need to say the word whilst you are tapping on the Setup Points.

The setup phrase is always repeated whilst tapping on the Karate Chop point or rubbing the Sore Spot, and is always repeated 3 times.

### **The Meridian Points used in the Setup:**



*the sore spot is usually located just above the breast towards the right or left, depending on which side of the body you have chosen to use*

The images above shows the location of these meridian points

I usually always only use the Karate Chop Point. So for the purpose of this small guide I will only refer to the **Karate Chop Point**. This point is located on that part of the hand which you would use if you were to Karate Chop someone.

The Karate Chop point is very easy to use and find. If you were going to Karate Chop someone on the head, you would use the fleshy part between your wrist and little finger. Along the outside edge of your hand.

Using four fingers of the opposite hand, simply tap the Karate Chop point continuously whilst repeating the setup sentence. Using either hand is ok.

When you are tapping you don't want to tap as to hurt yourself, but you don't want to be tapping like a feather either, just tap firmly and it will be ok.

***If for some reason you cannot use the Karate Chop Point, you can substitute that point for the sore spot.***

Locating the "Sore Spot" may take a few moments, but you will know when you have located the spot as it will usually be a little sore to rub.

DO NOT Tap the sore spot. To stimulate this meridian point you use the fingers on one of your hands to rub in a small circular, sort of like massaging the one spot over and over. It may take you a little while to find the spot but it never really moves, so once located you should always be able to find it quickly in the future.

You simply continue to rub the sore spot in a circular motion **whilst** repeating the setup sentences, which are always repeated 3 times.

Just remember that I almost never use the Sore Spot with any client, and can't remember the last time I used it on myself. The Karate Chop point is always my preferred method as it is simple and easy to use and I almost always get the release I was looking for.

## **EFT Setup Example:**

Whilst you are tapping the Karate Chop point or rubbing the sore spot, you repeat the setup sentence 3 times (usually out aloud):

**"Even though I am addicted to cigarettes, I love and accept myself"**

You can repeat the exact same sentence three times, or you can repeat similar sentences as long as they are aimed towards the same negative belief (you will see clear examples of this a little later)

## **Sequence**

The sequence is second and final part of the Refined EFT process.

When performing the sequence you are repeating shorter comments and phrases at each of the other meridian points used in the sequence. These comments and phrases are aimed towards the **same topic** which you tapped when performing the Setup.

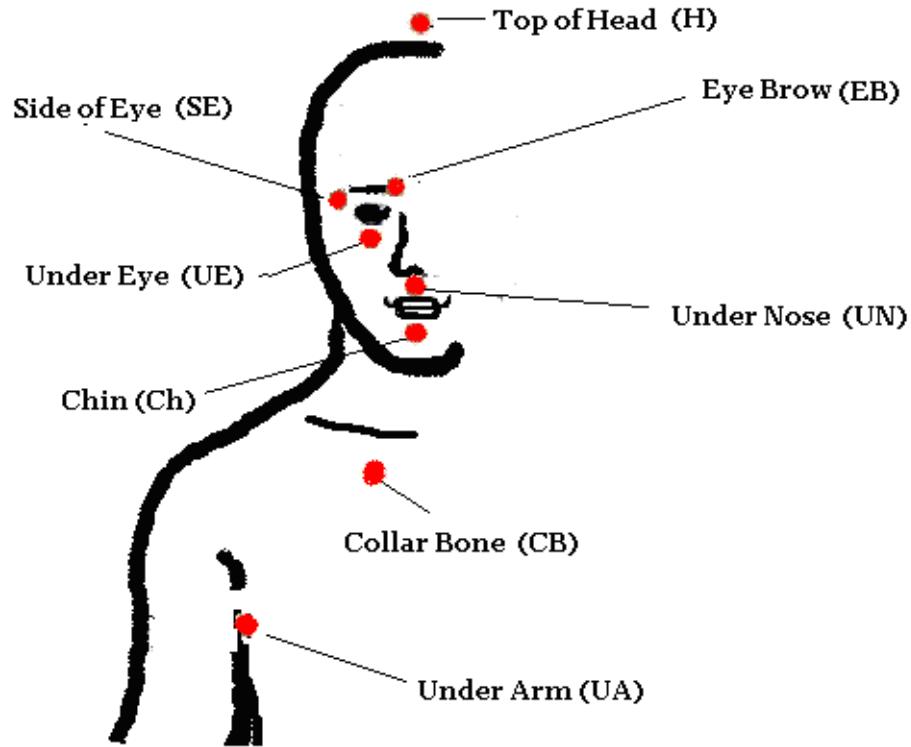
Remember that the basic principle of performing the Setup is for Psychological Reversal, it really has no other purpose. But it also has a side benefit, as during the setup you are already tapping or rubbing on a meridian point, so it could be considered that we have already started releasing the negative emotion.

But remember that success with EFT cannot be achieved if you skip the Setup portion of the process

To perform the "Sequence" you use two fingers (on either hand), and tap each meridian point about 5-7 times. Generally you use the two closest fingers to your thumb as these are the easiest to use for this process.

Again; when you tap you are taping firmly, not hard as to hurt yourself, and not soft like a feather. You don't have to count how many times you tap each point, simply tap at a steady pace and that will usually be ok.

At each of these meridian points you would tap approximately 5-7 times whilst stating the offending emotion or limiting belief (and usually out aloud). This image shows the locations of these meridian points.



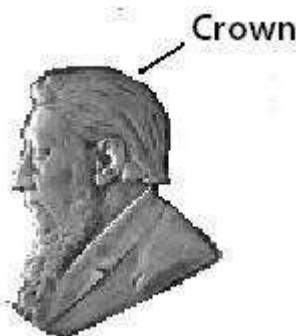
Either side of the body is acceptable

Locating the **6 facial points** used in the sequence is easy; they are located exactly as found in the image above.

The **Collar Bone** Point is located just below the collar bone. Using your fingers, locate the point where both your collar bones come together in the middle, go down about 1 inch and then 1 inch over to the left or right, this is the general region where this meridian point is located.

The **Under Arm** point is in line with the nipple on men and at around the middle of the bra strap for women, or there about. You simple tap about the middle of your arm pit.

The point at the **Top of Head** is roughly around the crown area. Pick about a 100mm circle at the rear (crown) of the head and tap that circle.



If you were to place a flat straight object such as a ruler on top of your head and press a flat straight object against the rear of your head pointing upwards, they would both meet each other at about the crown area. That becomes the centre of the circle..

You only need to use **two fingers** to tap on the 6 Meridian Points on the front of your face, as any more would probably get in the way.

The other meridian points (under arm, top of head and collar bone point) are usually tapped by using **4 fingers** from one of your hands, as it is much easier this way, plus it ensures that you are getting as close to these meridian points as possible.

From experience; by using all 4 fingers of your hand you will almost be guaranteed of connecting with these additional meridian points with at least one of your fingers, or the vibrations from tapping will make contact with these points.

**Tip:** I also find that it can be a bit annoying to use the tips of the fingers. So I tap with the end of my fingers, almost at the point on the pad where the finger begins to curve at the end. I am using the pad of my fingers, but almost towards the tips. If I used the tips of my fingers my finger nails usually get in the way, so for those with long finger nails you will quickly understand what I am talking about.

## **Let's make some sense and summarize the EFT Tapping process.**

Example Number 1 - The Basic and standard way of applying EFT

When you start tapping on a limiting belief or negative emotion you first start with the Setup. You begin to tap on the Karate Chop point whilst saying the Setup Statement (usually out aloud), and you repeat the setup phrase a minimum of 3 times whilst continuing to tap on the Karate Chop point.

A typical Setup Phrase might be (you repeat this 3 times):

*"Even though I have a headache, I love and accept myself"*

Then you complete the "Sequence" part of the EFT by tapping each meridian point approximately 5-7 times whilst repeating the shortened phrase:

EB - *"I have a headache"*

SE - *"I have a headache"*

UE - *"I have a headache"*

UN - *"I have a headache"*

Ch - *"I have a headache"*

CB - *"I have a headache"*

UA - *"I have a headache"*

H - *"I have a headache"*

## **Example Number 2**

It is also perfectly fine to become creative with EFT. You can mix it up during both the Setup and Sequence, but of course the different words and phrases need to be connected with the topic being tapped.

Let's use at the previous example of a typical EFT Script and see how you might be creative with the process.

In the example below you are not actually repeating each line of the Setup 3 times, as instead of having one line that you repeat 3 times, we have 3 different lines aimed at the same topic that you repeat only once.

"Even though I have a headache, I love and accept myself"

"Even though my head is hurting, I love and accept myself"

"Even though my head is pounding, I love and accept myself"

*You then go straight into the sequence stage which can also be mixed up, but is still being aimed at the same topic:*

EB - "My head hurts"

SE - "I have a headache"

UE - "My head is pounding"

UN - "It hurts so much"

Ch - "All this pain in my head"

CB - "This headache is killing me"

UA - "I am over it already"

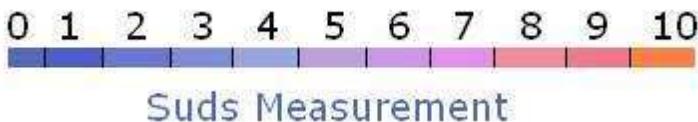
H - "My headache hurts so much"

## EFT Suds Measurement

Prior to performing EFT it is always suggested that you estimate your level of tension towards the topic you are tapping on.

For example: If you told me that you were afraid of walking into a darkened room I would then ask you on a scale of zero to ten what level of resistance you think you are experiencing at the thought of walking into the room. Zero being no resistance and Ten being the highest level of resistance.

The point to remember here is that you don't have to intellectualize it. If you are not sure then simply guess, as in almost every case you will be fairly close to the mark, as your inbuilt guidance system will help you.



Looking at another example; you might be afraid of birds, so prior to tapping I would ask you where you are on the level between zero and ten. If a bird was to land next to you right now how would that make you feel, you might say that as you think about a bird landing next to you, you begin to feel the fear and you estimate it to be at a level of about a nine

After we complete one or two rounds of EFT I would check with you again to see what feelings you experience as you think about the same topic again, and where you might be on the scale, and hopefully you would have come down. The tapping may not have resolved by taking you from a 9 to a zero, you may need more work... However sometimes depending on the topic it might clear all together after a couple of rounds of EFT, just accept whatever it is.

If your level reduced but did not clear to a zero then we might simply perform another round of EFT to see if it clears.

If you perform another round of EFT using the same Setup and Sequence Phrases and this additional round does not clear you any further then a new approach may be necessary. This usually means you need to change the words, or it could be that your problem is in fact related to another problem which may also require attention with EFT.

Over the years I have realized that our minds are good at linking events to other events, so you might have a fear of dogs but you also have intense emotions around an event from your past when you saw someone being bitten by a dog. So tapping on your fear of dogs may not be enough to release you of this fear, you might also need to spend time tapping on the event from your past as they are most likely connected

## Words

The use of words with EFT is perhaps **the most important** part of the process.

In some cases you can obtain almost instant relief from a fear or limiting belief on the first or second round of EFT.

When you continue to apply EFT aimed at a specific topic and you are receiving very little or no relief then a change of **words** may be required. Use similar words or twist the sentence around so you have a different perspective. This is exactly what I do when I am tapping on myself or with a client.

The only way you can tell how you are going is by estimating your level of resistance on the suds measurement, both at the start and after one or two rounds of EFT.

If you forget to check your measurement at the start, who cares, don't worry about it, just ask yourself where you are now, and then ask yourself if you think you were higher at the beginning (let your intuition guide you)

Let's have a look at some examples of the use of words so you get a feel for what I am talking about. What if you were frightened of dogs and had already completed the Setup part of the EFT Routine and you are performing the Sequence:

You might be repeating: "**I am afraid of dogs**" at the 8 meridian points of the Sequence.

You might change one word replacing *afraid* with *scared*: "**I am scared of Dogs**"

If after another round of EFT you have not reached the goal of zero (this is always my goal), then you simply try another round using a different set of words. You could then change or add another word and repeat this at every meridian point, plus at the same time you can change the meaning of the phrase a little to come in from a different angle, such as:

**"I have always been scared of Dogs"**

**"I am scared and afraid of Dogs"**

**"Dogs make me nervous"**

**"Dogs are so scary to look at"**

**"Sometimes I imagine that they are going to run up and bite me"**

**You can be as creative with this process as you like, yet the main point is this:**

Words **ARE** one of the **MOST** Important parts of the process, and are at the centre of you being able to successfully receive relief with EFT. If you are not finding the relief you are looking for then change the wording of your setup and sequence....

**That's it, that's the Shortened Method of EFT  
It's that simple**

## Images of EFT Tapping Points

Below are a series of images which were modelled for this guide to tapping, they will assist you with locating the meridian points

### Tapping the Karate Chop Point

As you look at the two images below you will see that the same area is being located, but not exactly at the same point.

It's not about being exact; the region to tap is the fleshy part of the hand between the wrist and the little finger, if you tap that area with the four fingers of the opposite hand, and you continue to tap repeatedly by lifting your hand off about 2 inches then retaping the location over and over whilst you are stating the Setup Portion of the EFT process, then that's all you have to do. You will almost be guaranteed of connecting with the meridian point or sending vibrations straight to it.



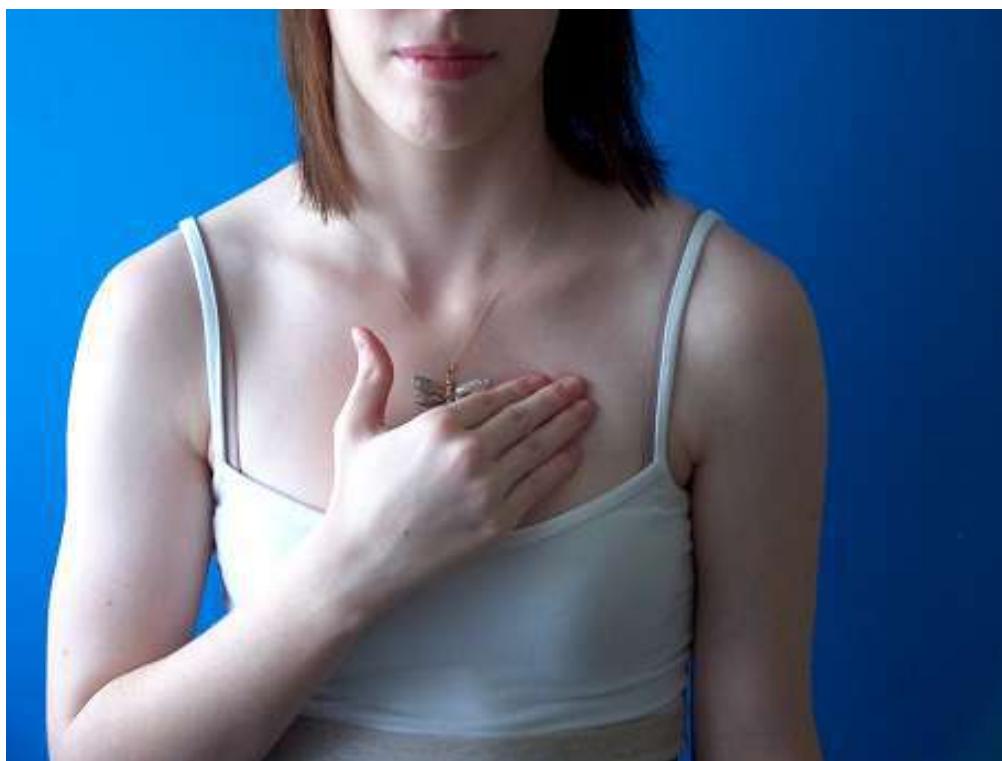
## **The Sore Spot**

If you are unable to tap on the Karate Chop Point then you can easily use the sore spot.

The Sore Spot is usually located above the breast towards the right or left (depending on which side of the body you are using).

The sore spot is located by rubbing (not tapping) in a small circular motion. Gently massage this region until you locate an area which is actually sore to rub (hence the name "sore spot").

Once you locate the sore spot you gently continue to rub this area in a small circular movement whilst stating the Setup Portion of EFT.



## **The Eye Brow Point**

The images below show the location of the eye brow point. I usually use the two fingers of my hand (the two closest to the thumb) to tap this point.

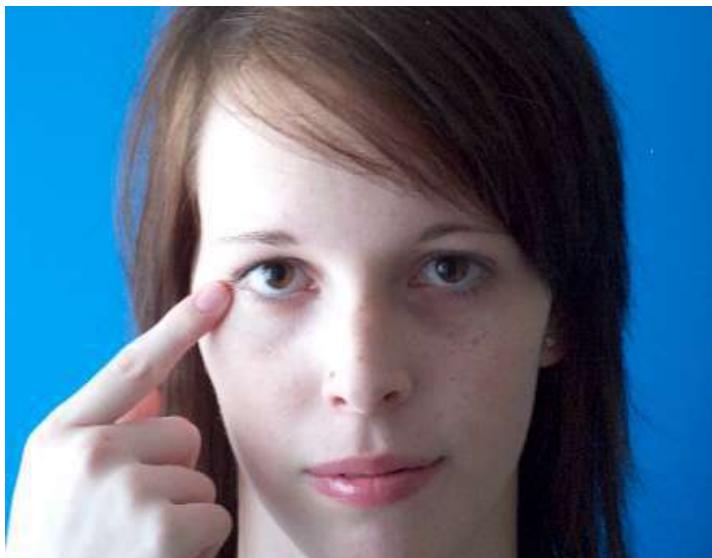


## **Side of the Eye**

This side of the eye is the point of bone at the side of the eye in between the eye socket and the temple.

Be careful with this area, you do not want to be stabbing your eye socket or your temple itself.

I usually tap just below this area and allow the vibrations to carry as it's a little uncomfortable for me to tap this exact location. I use a minimum of two fingers, and whilst one finger is almost on this spot my other finger is always sort of below and to the side... The vibrations do carry.



## **Under the Eye**

This is an easy spot to locate as it is the location just below the eye. Simply tap on the middle of the protruding bone just below the eye socket.



## **Under the Nose**

This is the area directly under the Nose above the top lip



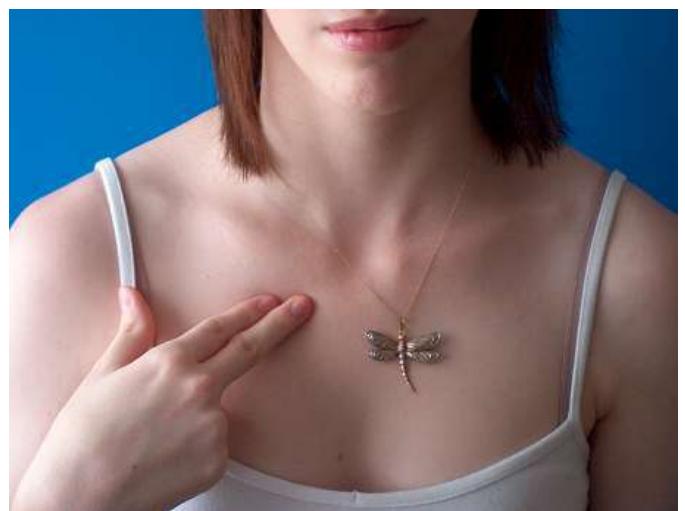
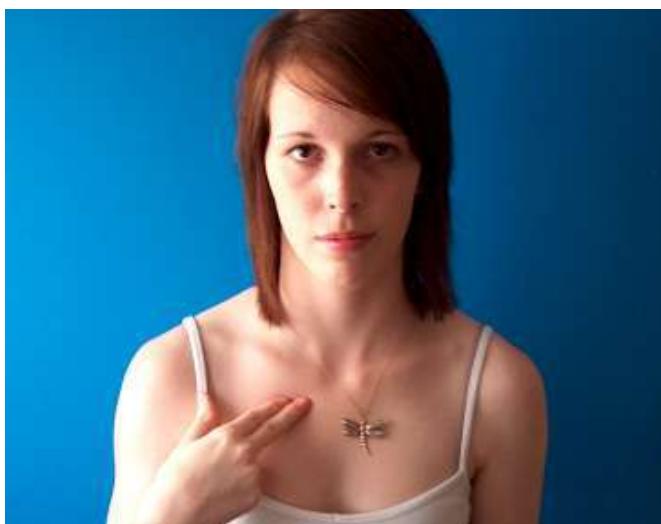
## **Chin**

This is the area of the front of the Chin



## **Collar Bone Point**

This area is located about 1 inch below and to the right or left of the collar bone (depending on which side of the body you are using).. You locate the point in the middle where your two collar bones meet, then you go down about 1 inch and to the right or left about 1 inch. It is easier to use all four fingers of your hand to tap this location.



## **Under the Arm**

This is the region just below the arm pit, almost in line with the nipple for men, and the middle of the bra strap for women.

I generally use all the fingers on one hand. By tapping this general area with all the fingers of one hand I am almost guaranteed of connecting with this meridian point.

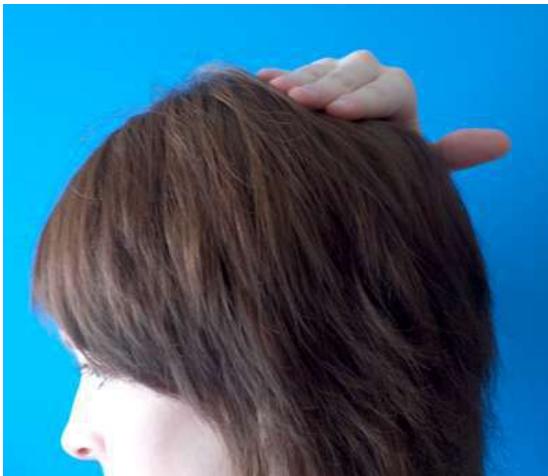


## **Top of the Head**

This is more a region then a location. The area is at the top of the crown in about a 100mm circle. You simply tap this area in a circular movement from location to location as you tap.

Don't worry about being exact, there are multiple meridian points in this region, so you are almost guaranteed of connecting with one or several locations.

The images below illustrate how I might tap in a circular motion, moving my hand from location to location as I tap on the top of my head.



\* \* \* \* \*

## **Free Scripts to Get You Started**

Below you will find 2 EFT Scripts I have put together.

These scripts are great examples of how you can use EFT in your daily life. Remember that EFT can be used for many negative emotions and limiting beliefs.

If you want more information and more free scripts on EFT then I suggest you visit me at [www.EFTAbundance.com](http://www.EFTAbundance.com).

### **I Sometimes Find It Hard To Concentrate**

#### **Setup:**

"Even though I find it hard to concentrate, I love and accept myself"

"Even though I sometimes find it difficult to concentrate without my thoughts wandering, I love accept and forgive myself"

"Even though it is difficult for me to concentrate, I find it hard to keep myself engaged on just one thing; I deeply and completely love and accept myself anyway"

#### **Sequence**

*Repeat the following statements whilst tapping each of the 8 Points of the sequence, remember to tap each point approximately 5-7 times*

EB - "I find it hard to concentrate"

SE - "sometimes it's difficult to remain interested"

UE - "sometimes it's difficult just to concentrate"

UN - "I find it difficult to concentrate"

Ch - "my mind wants to wander"

CB - "some things just seem boring"

UA - "why should I use up energy on boring stuff"

H - "I find it hard to concentrate"

EB - "sometimes it is too hard to concentrate"

SE - "my mind wanders to more interesting things"

UE - "maybe I am never going to be able to concentrate"

UN - "yes I will"

Ch - "No I won't"

CB - "It's just not easy for me"

UA - "Concentration is so hard for me"

H - "I find it hard to concentrate"

EB - "But maybe if I practice it will get easier"

SE - "After all concentration is just a state of mind"

UE - "I choose to allow myself every opportunity"

UN - "I believe that it is possible to concentrate on what I am doing"

Ch - "My mind may want to wander but I choose to concentrate anyway"

CB - "I give myself permission to concentrate"

UA - "Concentration is something that takes practice"

H - "I choose to allow myself to clear my mind and to concentrate"

## I Might Not Be Enough

### Setup

*Repeat the following statements whilst tapping on the Karate Chop Point:*

“Even though I believe I am not good enough, I love and accept myself anyway”

“Even though I am not enough the way I am, others are good enough, but not me, I choose to love accept and forgive myself”

“Even though I find it hard to believe in myself, and to believe that I am good enough, I deeply and completely love and accept myself”

### Sequence

*Repeat the following statements whilst tapping each of the 8 Points of the sequence, remember to tap each point approximately 5-7 times*

EB - “I might not be good enough”

SE - “I find it hard to accept myself”

UE - “I find it hard to believe that I am enough”

UN - “A part of me knows I am not good enough”

Ch - “I am not like other people”

CB - “I am not enough”

UA - “I am not good enough the way I am”

H - “I don’t believe I will ever be good enough”

EB - "I am not good enough the way I am"

SE - "I will never be good enough"

UE - "But what if a part of me was good enough"

UN - "But I don't believe that any part of me is enough"

Ch - "Yes I am good enough"

CB - "No I am not enough"

UA - "How can I be enough"

H - "I don't believe I am enough"

EB - "But maybe I am good enough"

SE - "Maybe I have always been good enough"

UE - "I choose to accept that I might be worthy enough"

UN - "I choose to forgive myself for not believing that I was enough"

Ch - "I forgive anyone else for making me feel that I was not enough"

CB - "I choose to be enough just as I am"

UA - "I am good enough"

H - "I am worthy enough and good enough just as I am"

## End of Preview Chapters

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